

Celebrating Breastfeeding with MCHB Grantees

Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Breastfeeding Success Stories



MIECHV home visitors support healthy pregnancy practices, provide information on topics such as breastfeeding, and connect families to services and resources in their community like Certified Lactation Counselors (CLC). Check out the stories below to learn how home visitors helped support moms on their pregnancy and breastfeeding journeys.

JS is a first-time mother and home visiting client who delivered her baby in her car, with assistance from her boyfriend, on the way to the hospital.

Once at the hospital, her birth plan continued to stray far from what JS envisioned. She had retained placental fragments, which led to her requiring two blood transfusions. Her weakness and loss of blood hindered her initial skin-to-skin contact with her baby and also made her too weak to care for the baby.

JS had always wanted to breastfeed because of the nutritional benefits and antibodies her baby would receive from the breast milk. Due to the delivery complications, it took about five days for JS' milk to come in, and the baby was struggling to latch. JS was disappointed as both her birth plan and breastfeeding plan had been derailed.

During her initial postpartum visit with her nurse home visitor, JS became very emotional. She expressed to the nurse that she felt that her "body had failed her." She wasn't able to breastfeed her baby right after birth, and now, at home, the baby refused to take the breast. The home visitor offered support, helped her with latching and with pumping. She encouraged JS to stay hydrated and showed her a video on different breastfeeding positions.

The following home visit, JS was happy to report that the baby was latching well and that she had increased pumping from daily to 3x a day. She also showed the home visitor her freezer, which contained frozen breastmilk.

Although JS couldn't carry out her initial birthing plan, she expressed to the home visitor that with the **home visitor's support and patience, she immediately felt at ease, empowered, and confident that she would get there.**

Four weeks later, the baby exclusively breastfeeds and has gained adequate weight, and mom and baby have bonded well.

- Client story submitted by New Jersey MIECHV Program

Alexander was my first born. I knew nothing. During my first pregnancy, I was very illusioned with the ease of breastfeeding. My home visitor had informed me about all the benefits of breastmilk, and I was delighted; excited for the opportunity. The first days after Alexander was born, I could not lactate him because I could not position him correctly to latch.

This did not deter me from lactation; on the contrary, I expressed my concern to my home visitor, and she helped me a lot. Each day I was improving and was able to breastfeed him until nine months old, accomplishing one of the most beautiful experiences. Currently, I miss the breastfeeding moments with him. I loved them.

I got pregnant a second time and had Darío. It was the same as it was with Alexander; I could not lactate Darío from day one. Unlike Alexander however, Darío was a premature baby. It took me a month to breastfeed him. I did not give up and met my goal of breastfeeding him, too. Darío is currently nine months and I have continued breastfeeding him. My goal is to lactate for as long as he wants.

I thank my home visitor and Familias Saludables Puerto Rico (Home Visiting program) for the information, but above all, for their support. Breastfeeding is the best experience I have had with my sons, and I will never forget the connection that lactation creates. **I am a pro-lactation mom and love to see how other mothers do the same I do; I believe it makes us more powerful and attached to our babies.**

- Client story submitted by Puerto Rico MIECHV Program

Learn More

To learn more about HRSA's MIECHV program, visit:

<https://mchb.hrsa.gov/programs-impact/programs/home-visiting>

For additional details on how HRSA supports moms on their breastfeeding journeys, visit:

<https://mchb.hrsa.gov/programs-impact/focus-areas/maternal-health/mchb-supports-breastfeeding>